



TUFTS UNIVERSITY

**Tufts Medical Center
Lemuel Shattuck Hospital**

Transitional Year Residency Program



Transitional Year Resident Duty Hours Policy

Effective July 2003

REVISED: June 2008

Expiration: Indefinite

Purpose

This policy supplements and incorporates the Tufts Medical Center Graduate Medical Education Guidelines (GME 01-K) on Resident Duty Hours. This Policy is designed to establish Transitional Year policies and procedures governing resident duty hours, back-up support and on-call. This policy applies for all rotations at Lemuel Shattuck Hospital and affiliated hospitals where Transitional Year Residents perform duties.

Duty Hours/On-Call Activities

- a. Duty hours are defined as all clinical and academic activities related to the residency program, i.e., patient care (both inpatient and outpatient), administrative duties related to patient care, the provision for transfer of patient care, time spent in-house during call activities, and scheduled academic activities such as conferences. Duty hours do not include reading and preparation time spent away from the duty site.
- b. Duty hours must be limited to 80 hours per week, averaged over a four-week period, inclusive of all in-house call activities.
- c. TY Residents must be provided with 1 day in 7 free from all educational and clinical responsibilities, averaged over a four week period, inclusive of call. One day is defined as one continuous 24-hour period free from all clinical, educational, and administrative activities.
- d. A-10 hour time period for rest and personal activities must be provided between all daily duty periods, and after in-house call.
- e. In-house call must occur no more frequently than every third night, averaged over a four-week period.
- f. Continuous on-site duty, including in-house call, must not exceed 24 consecutive hours. Residents may remain on duty for up to 6 additional hours to participate in didactic activities, maintain continuity of medical and surgical care, transfer care of patients, or conduct outpatient continuity clinics.

Consecutive Hours

Residents who are "post-call" must not accept any new admissions or consults after 7:30 AM., and must leave the hospital no later than 1:30 PM. However, post-call Residents may complete their care to patients admitted during the previous duty period before leaving the hospital.

Residents may not do a "power weekend", that is, may not voluntarily be on duty more than 24 consecutive hours or be on-call more frequently than every third night.

Back-up Support

TY Residents are encouraged to request back-up support when the demands for their services are so burdensome or severe that the delivery of safe patient care is at risk. For all rotations and at all training sites, Back-up Support is provided by the Director of the Rotation.

The use of back-up support will be monitored in order to determine any patterns or trends toward recommending scheduling or assignment changes to avoid the need for back-up.

OPD and Elective Rotations

During Outpatient rotation and electives Transitional Year Resident have no on-call responsibilities. However, in the case of emergency or other extenuating circumstances, Residents on a no-call rotation may be required to be in-hospital call no more frequently than every fourth night with an 80 hour per week duty limit.